

Upcoming Events:

Fall Protection in Construction Classes See flyer on page 6

March 17-19 Southwest Safety Congress and Expo in Mesa

April 15-17 ASSE PDC Conference in Scottsdale

April 28; Workers Memorial Day

April 29-30 ADOSH Safety Summit Southern Arizona in Marana at the Civic Center (see flyer on page 2)

May 4-15 National Stand-Down for Fall Safety



Fatal Mistake: Skylight Falls

Inside this issue:

Fatal Mistake: <i>Fatal Mistake: Skylight Falls</i>	1
ADOSH SAFETY SUMMIT In Marana Arizona!	2
Out-of-Door Workers: <i>Leaves of Three...Let it Be!</i>	3
Regular Features	
• <i>A Thousand Words</i>	4
• <i>Accidents Investigated by ADOSH</i>	
• <i>In-Box:</i>	
Trainer's Corner: En Espanol by Luis Lopez, ADOSH IH Consultant	5
Fall Protection in Construction Training Flyer	6
Training Calendar April—June 2015	7-8
Get Ready for the Heat!	8
Trainer's Corner: <i>One Text Or Call Can Wreck It All</i> by ADOSH Training Officer Jenny Mandeville	9
National Stand-Down Workers Memorial Day	10
PEPP News: City of Yuma	11
SHARP and VPP News	12
ADOSH Out and About	13

A life shattering experience:

On August 22, 2007, an HVAC Mechanic, who was replacing an air conditioning unit, fell through a 4' by 4' skylight into a truck maintenance shop's open lube pit that was approximately 24' below. The 31 year-old worker sustained severe head injuries and succumbed to those injuries in the hospital five hours after the accident.



Upon inspection of the remaining intact skylights on the roof, ADOSH noted that the domed covers showed signs of stress



and were cracked with fine lines over the entire surface. Most likely caused by the extreme heat that we experience here in Arizona. A condition that can nullify the pro-

tective rating (if the manufacturer gave one) in only one summer. On the day of the accident **two** employees had been working on the roof where none of the skylights had been protected by guardrails, covers or screens; which protection is required *before* workers begin work in the proximity of the skylights, regardless of age or condition.

OSHA has promulgated regulations to protect workers from the hazards associated with roof openings [29 CFR* 1910 and 1926]. The OSHA General Industry Standard requires that "every skylight floor opening and hole shall be guarded by a



standard skylight screen or a fixed standard railing on all exposed sides" [29 CFR 1910.23(a)(4)]. Requirements for a standard skylight screen are given in 29 CFR 1910.23(e)(8), as follows: *Skylight screens shall be of such construction and mounting that they are capable of withstanding a load of at least 200 pounds applied perpendicularly at any one area on*

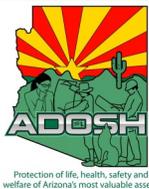


the screen. They shall also be of such construction and mounting that under ordinary loads or impacts, they will not deflect downward sufficiently to break the glass below them. The construction shall be of grillwork with openings not more than 4 inches long or of slat work with openings not more than 2 inches wide with length unrestricted.

The OSHA Construction Standard addresses the hazards posed by skylight openings during construction:

Wherever there is a danger of falling through a skylight opening, it shall be guarded by a fixed standard railing on all exposed sides or a cover capable of sustaining the weight of a 200 pound person [29 CFR 1926.500(b)(4)].

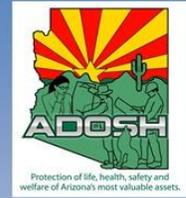
For more information log onto:
<http://www.cdc.gov/niosh/docs/90-100/>
 Employee training videos:
https://www.youtube.com/watch?v=_8cymt7wlk (produced by CAPublicHealth)
https://www.osha.gov/dts/vtools/construction/skylight_fnl_eng_web.html (Produced by OSHA) JM



THE ARIZONA DIVISION OF OCCUPATIONAL SAFETY AND HEALTH and the Town Of MARANA Present:

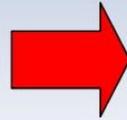
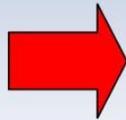


ADOSH SAFETY SUMMIT Southern Arizona



HOSTED BY THE TOWN OF MARANA, AZ

Plug-In...Charge-up...Burn Brighter!



2



APRIL 29th and 30th 2015

8:00 AM—4:00 PM

Marana Municipal Complex

11555 West Civic Center Drive

Marana AZ 85653

**DON'T
MISS
THIS
FREE
EVENT!**

Registration begins March 1, 2015 at www.ezregister.com/promoters/1607

Free OSHA 10 Hour Classes (seating is limited)

Come Plug-in, Charge-up and go home ready to Burn Brighter! Our Trainers include the following experienced and highly informed Safety Experts!

Wednesday: April 29th

KEYNOTE SPEAKER



Mark Norton MAOM, RSP

Norton Safety Services

How Much Safety Is Too Much?

Wednesday April 29th

8:00 — 9:00 AM

Choose from over 25 classes, including:

OSHA for the New Safety Officer

Temporary Workers and OSHA

NFPA 70E and OSHA

Emerging Diseases & Pandemics

Stand Up For Ergonomics!

Supervisors...the Missing Safety Link

Killer Fatigue: Sleep and Safety

Scaffold Safety Inspection Part 1&2

Medical Marijuana in the Workplace

Nursing Home /Home Healthcare



Dr. Martin Fekete, DHSc



Gina Kesler D&A Experts



Donna Hudson



Angie Rolnik OSHA Outreach



Dave Wood MSIE, CPE



Angie Westerfield



Bill Warren ADOSH Director



Landon Coleman ADOSH



Jessie Atencio ADOSH



Babak Emami ADOSH



Jenny Mandeville ADOSH



Joe Ornelas ADOSH



Bill Garton ADOSH

CONTACT ADOSH AT 602-542-1769 (PHOENIX) or 520-628-5478 (TUCSON)



Outdoor Workers: “Leaves of Three, Let it Be!” What is the difference between Poison Ivy, Poison Oak, and Poison Sumac?



Workers such as farmers, foresters, landscapers, groundskeepers, gardeners, painters, roofers, pavers, construction workers, laborers, mechanics, firefighters and any other workers who spend time outside, can come in contact with **Arizona’s Poison Three**: Poison Ivy, Poison Oak and Poison Sumac. All three contain urushiol, a plant oil that resides in all parts of the plant, that when contacted can cause a severe and miserable skin rash (dermatitis). You can have an allergic reaction just by directly touching the plant or by indirectly coming into contact with the plant oil on clothes, shoes, animals, tools, or other materials.

If you were thinking about burning that brush you cleared, look carefully to ensure that it doesn’t contain the poison three as even the smoke from burning plants contains oil particles that can be inhaled and cause lung irritation. Additional precautions may be needed.

According to the CDC: When exposed to 50 micrograms of urushiol, an amount that is **less than one grain of table salt**, 80 to 90 percent of adults will develop a rash. The rash, depending upon where it occurs and how broadly it is spread, may significantly impede or prevent a person from working. Although over-the-counter topical medications may relieve symptoms for most people, immediate medical attention may be required for severe reactions, particularly when exposed to the smoke from burning these poisonous plants.

(<http://www.cdc.gov/niosh/topics/plants/>)

Individuals’ susceptibility to these plants may vary, but sensitivity may increase after repeated exposure. You may see symptoms within 8–48 hours and can last for weeks. Itching

and burning of the skin may be followed by a rash, redness, swelling, and watery blisters. The rash itself, which can last 2–5 weeks, is not contagious and will not spread. Systemic complications can occur if the blisters become infected, therefore all *work related* exposures should be promptly reported to supervisors.

Employers are required to train their workers about their risk of exposure to all hazards including such poisonous plants. Training should include plant recognition; how employees can prevent exposures and protect themselves, and what they should do if they come in contact with these plants. Handling of exposed clothing and shoes should be reviewed and employees encouraged to change into clean clothes as soon as possible to prevent contaminating other surfaces with the urushiol, such as seat belts, car seats, carpets and work areas.

Signs or symptoms associated with dermal contact with poisonous plants may include:

- Red rash within a few days of contact
- Possible bumps, patches, streaking, or weeping blisters (blister fluids are not contagious)
- Swelling
- Itching

Workers can prevent contact with poisonous plants by taking these steps:

- Wear long sleeves, long pants, boots, and gloves.
- Wash exposed clothing separately in hot water with detergent.
- Barrier skin creams, such as a lotion containing bentoquatam, may offer some protection before contact.
- Barrier creams should be washed off and reapplied twice a day.
- After use, clean tools with rubbing alcohol (isopropanol or isopropyl alcohol) or soap and lots of water. **Urushiol can remain active on the surface of objects for up to 5 years.**
- Wear disposable gloves during this process.
- Do not burn plants that may be poison ivy, poison oak, or poison sumac.

- Inhaling smoke from burning plants can cause severe allergic respiratory problems.

Employers should prevent workers from being exposed to burning poisonous plants whenever possible. However, when exposure to burning poisonous plants is unavoidable, employers should provide workers with:

A NIOSH-certified half-face piece particulate respirator rated R-95, P-95, or better. This recommendation does NOT apply to wildland firefighters. Firefighters may require a higher level of respiratory protection to protect against possible exposure to combustion products. (See OSHA Respiratory Protection standard 29 CFR 1910.134).

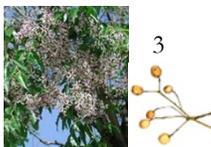
First Aid: Workers who have come in contact with poisonous plants should:

- Immediately rinse skin with rubbing alcohol, specialized poison plant washes, degreasing soap (such as dishwashing soap) or detergent, and lots of water.
- Rinse frequently so that wash solutions do not dry on the skin and further spread the urushiol.
- Scrub under nails with a brush.
- Apply wet compresses, calamine lotion, or hydrocortisone cream to the skin to reduce itching and blistering.
- Follow the directions on any creams and lotions. Do not apply to broken skin, such as open blisters.
- Oatmeal baths may relieve itching.
- An antihistamine such as diphenhydramine (Benadryl) can be taken to help relieve itching.
- Follow directions on the package. (Drowsiness may occur.)
- In severe cases or if the rash is on the face or genitals, seek professional medical attention.

Planning ahead to take care of exposures at work will help employees to prevent taking home contaminated items and exposing family members, and even pets, to the urushiol.

For more information and training aids see the *Poison Ivy Site* at <http://www.poison-ivy.org/index.htm> or <http://www.cdc.gov/niosh/topics/plants/> and http://ohioline.osu.edu/aex-fact/192/pdf/0192_2_37.pdf

JM



Why I don't do windows in ... A Thousand Words



ADOSH Fatality Investigations

August–October 2014

10/25/2014: A Maintenance Utility Worker was electrocuted while utilizing an extensible boom aerial lift to replace light bulbs in a warehouse parking lot when he positioned the lift close to a 69KV electrical line which created an arc between the lift and the power line.

09/29/2014: An 86 year-old demolition worker fell through a skylight on the roof of a one-story home being demolished to the ground below where he received fatal injuries.

8/25/2014: Three employees were on site to troubleshoot and correct a pump dysfunction in a sewer lift station. The first employee entered the lift station without first monitoring the atmosphere for hazards. The other two employees, a 41 year-old and 36 year-old, entered the space to rescue the first employee. The first employee was successfully removed but the second and third employees were overcome by the hazardous atmosphere and did not survive.

8/25/2014: A 39 year-old Firearms Instructor was instructing a member of the public on shooting a Mini-Uzi firearm when the student lost control which caused an unplanned firing of the weapon, accidentally striking the instructor, causing a fatal head injury.

8/15/2014: A 27 year old Landscaper was struck by lightning while performing landscaping duties on a football field and subsequently died of his injuries.

6/18/2014: A 35 year-old Metal Siding Installer fell approximately 21' from a fabricated frame scaffold from which he was working to install metal siding on a three-story duplex residential structure. He subsequently died of multiple blunt force trauma injuries.



Question: Does our company need a Safety Data Sheet for our fire extinguishers?

Answer: The requirement for maintaining an SDS for all hazardous substances **does** pertain to fire extinguishers. Fire extinguishers perform a necessary and life-saving function, but exposure to the chemicals and gases may cause some serious health problems. To use a fire extinguisher safely, you should recognize the potential health effects of the fire fighting chemicals and inherent hazards associated with certain types of extinguishers.

Users of a carbon dioxide extinguisher should ensure that there is limited exposure to the gas as this can lead to asphyxiation or even death, if you are in a confined area or unventilated room. Further the gas is compressed under very cold temperatures, and users can suffer from frostbite if the extinguisher is used incorrectly. The health effects associated with carbon dioxide fire extinguishing systems depend on the concentration. Carbon dioxide at 34% concentration is lethal. Carbon dioxide levels of 17% concentration can cause health effects such as unconsciousness, coma and even death, according to the U.S. Environmental Protection Agency. At 10 to 15 % concentrations the effects may include unconsciousness, drowsiness, dizziness and muscle twitching within a few minutes of exposure. Levels

between 7 and 10% concentration can cause unconsciousness, dizziness, headache, shortness of breath, sweating and mental depression. At 4% to 7% concentration, CO₂ can cause headaches, difficulty breathing, mental depression, visual disturbances, hearing disturbances and increased blood pressure.

Dry-chemical fire extinguishers are widely used in industry. Dry-chem fire extinguishers can cause health effects when the user inhales the powder. Nasal and throat irritation leading to cough or discomfort in the chest are the result of breathing the powder or the dust. Those with medical conditions such as asthma may experience serious respiratory difficulty after exposure to the dry compound, including during cleanup operations.

The health risks for halon extinguishers, upon exposure, can include asphyxiation, frostbite burns to the skin and skin and eye irritation. Inhaling halon compounds in high concentrations can cause central nervous system symptoms such as dizziness, unconsciousness and tingling in the arms and legs. Over-exposure may also compromise the cardiac system, causing irregular heartbeats or even heart attack in a severe case.

Employees should review the SDS and the health hazards as part of their fire extinguisher training, and understand the proper storage and handling of the cylinder. Extinguishers kept outside during Arizona summer heat have exploded and should be stored at temperatures below 120F. Mount extinguishers on north facing walls to limit overheating by direct sunlight.

Trainers Corner: HABLAR Y ENVIAR TEXTOS POR TELEFONO CELULAR AL CONDUCIR ES MUY PELIGROSO

By Luis Lopez, ADOSH IH Consultant

Los Riesgos De “Textear” Y Conducir Automóviles Pueden Resultar En Lesiones Graves Y Hasta En Fatalidades



El tiempo de reacción es más lento tanto para un conductor que está hablando por un teléfono celular como para un conductor ebrio.

Los conductores que envían mensajes de textos telefónicos quitan su vista de la carretera un 400% más que cuando no están “texteando”.

Entre más se “textee”, más oportunidades de choques automovilísticos existen. Con cada millón adicional de mensajes de texto, las fatalidades por conductores distraídos aumenta más de un 75%.

Es bien sabido que el hablar por celular o enviar mensajes de texto mientras se conduce aumenta dramáticamente el riesgo de lesiones y muertes.



Cada año mueren más trabajadores en accidentes de vehículo

de motor que por cualquier otra causa. Enviar mensajes de texto telefónicos (“textear”) mientras se conduce pone en riesgo a miles de personas que manejan al trabajo cada día. Este riesgo sigue creciendo según el “texteo” se generaliza.

La Seguridad En El Trabajo No Es Un Accidente

Las empresas pueden ayudar a resolver este gran problema. Como dueño o gerente de empresa, es su responsabilidad legal, de acuerdo con la Ley de Seguridad y Salud Ocupacional de Arizona, proteger a los conductores en el trabajo.

Es responsabilidad de los empleadores velar por la seguridad de sus trabajadores cuando estén detrás del volante laborando para su compañía. Esta protección aplica indistintamente de que conduzcan toda la jornada de trabajo o solo ocasionalmente para realizar sus tareas, sea en un vehículo de la empresa o en uno propio.

Ningún empleador debe de requerir que sus empleados “texteen” al conducir u organicen el trabajo de modo que el “texteo” sea necesario.

La División de Seguridad y Salud Ocupacional de Arizona (ADOSH por sus siglas en inglés), hace cumplir las leyes de protección a los trabajadores, ayudando y educando a los negocios, grandes y pequeños, y **procura su cooperación** para hacer cumplir los esfuerzos para detener la peligrosa práctica de “textear” al conducir.

Aunque todavía no existen normas de OSHA específicas que consideren el “textear” mientras se conduce una violación de esas regulaciones, esta práctica

(“textear”) se puede considerar como **una violación de la cláusula del deber general** de los empleadores, la cual requiere que los empleadores mantengan el lugar de trabajo seguro y salubre para todos los empleados.



Para Evitar Accidentes y Proteger a Sus Empleados, Los Empleadores Deben:

- Desarrollar una cultura de seguridad en el lugar de trabajo, lo cual requiere de políticas claras, explícitas y de buenas prácticas de trabajo.
- Enviar un mensaje claro a sus empleados y supervisores indicándoles que su compañía o negocio no requiere, ni permite el “texteo” mientras estén conduciendo.
- Prohibir el “texteo” mientras se conduce. ADOSH exhorta a los empleadores a declarar sus vehículos zonas libres de “texteo”, y a enfatizar este compromiso a sus empleados, clientes y comunidades.
- Establecer procedimientos de trabajo y reglas, que no hagan necesario que los trabajadores “texteen” mien-

tras conducen para poder llevar a cabo sus funciones.

- Establecer procedimientos claros, horarios y lugares para que los conductores hagan uso seguro de los mensajes de texto y otras tecnologías para comunicarse con gerentes, clientes y otros. Incorporar prácticas seguras de comunicación a las orientaciones y entrenamientos del personal.
- Eliminar los incentivos económicos que fomentan que los trabajadores “texteen” mientras conducen.

Dónde Encontrar Ayuda

A través de la dirección electrónica www.osha.gov/distracted-driving/index.html, OSHA federal proporciona recursos útiles, incluyendo:

- Un modelo de la política que usted puede usar o adaptar a su negocio.
- Información de cómo los empleadores están combatiendo este riesgo.
- Hallazgos de Investigaciones y Material educativo.

Ayuda Adicional

El servicio gratuito de consultoría de ADOSH puede ayudar a los empleadores pequeños o medianos a mantener a los empleados seguros, a través del programa de consulta. El programa de consulta es libre de costo y sólo



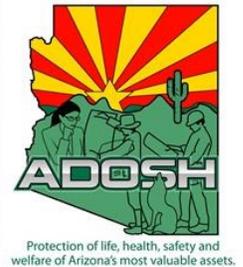
THE ARIZONA DIVISION OF OCCUPATIONAL SAFETY AND HEALTH



Back to Basics

Classes and Webinars on 29CFR 1926 Subpart M Fall Protection in Construction

Regular Schedule starts
December 2014 thru
September 2015
Check ezregister.com for
October schedule



Classes: First and Third Thursday* 9:00 AM —12:00 PM

Industrial Commission of Arizona Buildings

800 W. Washington Street Phoenix, AZ 85007 and 2675 E. Broadway Rd. Tucson, AZ 85617

Webinars: Third Wednesday* at 10:00 AM—12:00 PM

Training resources will be distributed (or mailed for webinar attendees) to help you train your own employees about fall protection in Commercial and Residential Construction!

* Check with ezregister as some dates are changed to accommodate holidays or venues.



Enroll at <https://ezregister.com/promoters/1607>



ADOSH Education and Training Calendar April-June 2015

Registration for each class begins 30 days prior to the date of the class. Most classes are free of charge but are subject to change or cancellation with out notice. Some classes or seminars listed are not exclusively sponsored by ADOSH and may carry a nominal fee to cover the costs of course materials, space or equipment rental, etc. **NOTE: The phone number or web address listed for each class is the number that participants need to call for class questions and are not direct numbers to the ADOSH trainer. Please register on-line at www.ezregister.com/promoters/1607 Registration Problems? Call 602-542-1769**

APRIL 2015 On-line Registration Required

4/1/2015	9:00 - 12:00	OSHA 300 Recordkeeping	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
4/1/2015	9:00 - 10:30	Heat Stress Prevention WEBINAR	Webinar Only	Phoenix	Atencio	602-542-1769	C Trujillo
4/2/2015	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui
4/7/2015	9:00 - 12:00	Forklift Train-the-Trainer	500 S Central, Bldg D	Florence	Ornelas	520-628-5478	S. Sinohui
4/9/2015	9:00 - 12:00	General Industry Hazard Recognition	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
4/14/2015	9:00 - 12:00	Hand and Power Tool Safety	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
4/15/2015	9:00 - 10:30	Fall Protection in Construction WEBINAR	Webinar Only	Tucson	Atencio	520-628-5478	S. Sinohui
4/16/2015	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
4/21/2015	9:00 -10:30	Heat Stress Prevention WEBINAR	Webinar Only	Tucson	Atencio	520-628-5478	S. Sinohui
4/21/2015	9:00 - 12:00	Aerial Lifts, Bucket Trucks and Ladder Safety	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui
4/23/2015	9:00 - 12:00	Fall Protection in Construction	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
4/29/2015	8:00 - 4:00	SOUTHERN AZ SAFETY SUMMIT - Day 1	11555 W Civic Center Drive	Marana	ADOSH	520-628-5478	S. Sinohui
4/29/2015	8:00 - 4:00	OSHA 10 Hr Construction and General Industry- Day 1	11555 W Civic Center Drive	Marana	ADOSH	602-542-1769	C Trujillo
4/30/2015	8:00 - 4:00	SOUTHERN AZ SAFETY SUMMIT - Day 2	11555 W Civic Center Drive	Marana	ADOSH	520-628-5478	S. Sinohui
4/30/2015	8:00 - 4:00	OSHA 10 Hr Construction and General Industry - Day 2	11555 W Civic Center Drive	Marana	ADOSH	602-542-1769	C Trujillo

MAY 2015 On-line Registration Required

5/11/2015	9:00 - 10:30	Heat Stress and Haboob Safety WEBINAR	Webinar Only	Tucson	Atencio	520-628-5478	S. Sinohui
5/5/2015	9:00 - 12:00	Lockout Tagout	1450 N Hohokum Drive	Nogales	Ornelas	520-628-5478	S. Sinohui
5/6/2015	9:00 - 12:00	Bloodborne Pathogens Exposure Control	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
5/7/2015	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui
5/7/2015	9:00 - 12:00	Fall Protection in Construction	800 W Washington St	Phoenix	ADOSH	602-542-1769	C Trujillo
5/12/2015	9:00 - 12:00	Excavation Safety Awareness	Call for Location	Douglas	Ornelas	520-628-5478	S. Sinohui
5/13/2015	10:00 - 11:30	Heat Stress and Haboob Safety WEBINAR	Webinar Only	Phoenix	Mandeville	602-542-1769	C Trujillo
5/13/2015	9:00 - 12:00	Materials Handling/Warehouse Safety	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui
5/14/2015	9:00 - 11:00	Medical Office Safety Webinar	Webinar Only	Phoenix	Mandeville	602-542-1769	C Trujillo
5/15/2015	9:00 - 11:00	Heat Stress Prevention and Haboob Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
5/19/2015	9:00 - 12:00	Accident Investigation	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
5/20/2015	9:00 - 10:30	Fall Protection in Construction WEBINAR	Webinar Only	Tucson	Coleman	520-628-5478	S. Sinohui
5/20/2015	8:00 - 12:00	Forklift Train-the-Trainer	3030 N 3rd St (Copperpoint)	Phoenix	Mandeville	602-542-1769	C. Trujillo
5/21/2015	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
5/21/2015	9:00 - 12:00	Fall Protection in Construction	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
5/26/2015	9:00 - 12:00	Walking/Working Surfaces (Slips, Trips, Falls)	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
5/28/2015	9:00 - 12:00	Scaffold Safety Awareness	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
5/29/2015	9:00 - 10:30	Heat Stress and Haboob Safety WEBINAR	Webinar Only	Tucson	Atencio	520-628-5478	S. Sinohui

ADOSH 10 Hour Construction and General Industry Classes offered during Safety Summits require that students attend the full time (10 Instruction Hours). Breaks and lunch times are not included in the 10 hour count but are required as part of the class. A \$5.00 fee, paid in cash on the first morning of class will be collected to pay for the processing of the 10 Hour Certification Card. The Card is issued by the OSHA Training Institute (OTI) and the card fees are submitted by the OSHA Outreach Trainer to OTI. Cards will be mailed by trainer directly to students .



JUNE 2015 On-line Registration Required

6/2/2015	9:00 - 12:00	Heat Stress and Haboob Safety	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
6/3/2015	9:00 - 12:00	Electrical Safety Awareness	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
6/4/2015	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui
6/4/2015	9:00 - 12:00	Fall Protection in Construction	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
6/9/2015	9:00 - 12:00	Confined Space Safety Awareness	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
6/10/2015	9:00 - 12:00	Accident Investigation	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
6/12/2015	9:00 - 11:00	Heat Stress Prevention and Haboob Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
6/16/2015	9:00 - 12:00	Excavation Safety Awareness	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
6/17/2015	9:00 - 12:00	Fall Protection in Construction WEBINAR	Webinar Only	Tucson	Atencio	520-628-5478	S. Sinohui
6/18/2015	9:00 - 12:00	Fall Protection in Construction	800 W Washington St	Phoenix	Coleman	602-542-1769	C Trujillo
6/18/2015	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
6/23/2015	9:00 - 12:00	Hazard Communication/GHS	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
6/24/2015	9:00 - 12:00	Machine Guarding	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
6/24/2015	9:00 - 12:00	Bloodborne Pathogens and Emerging Disease	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
6/26/2015	10:00 - 11:30	Heat Stress and Haboob Safety WEBINAR	Webinar Only	Phoenix	Mandeville	602-542-1769	C Trujillo



Getting ready for the heat!

ADOSH will offer **"Water, Rest, Shade"** training at each scheduled safety training class beginning in April. Full 3-hour classes on Heat Stress and Haboob Safety will be offered through out the summer and early fall months to remind employers and employees of the hazards of working in hot environments, the need to hydrate and how lifestyle choices can put them at risk for heat related illness, even heat stroke. Signs and symptoms of heat stress are discussed and the requirements for employers to provide protection through engineering, work practice or personal protective equipment controls. The Haboob Safety portion will address the hazards associated with working and driving during a dust storm and the need to train employees regarding the hazard of contracting Valley Fever, a fungus caused respiratory and systemic illness. See you in class! JM

Register online at www.ezregister.com/promoters/1607

NOTES: EZRegister Instructions: Just type in www.ezregister.com/promoters/1607 in your URL address bar and enter. All of ADOSH's classes will be listed and you can click on the class you want to attend. Fill in the form and save it to your calendar! Simple and time-saving. If there are any changes we will let you know. Webinars are scheduled and when you sign up for the class, a return email will include materials for the class and log-on information. Please register early for training classes and leave contact information. Some classrooms may be limited in size and will require us to limit enrollment. If there are not enough enrolled for the class (10 or more) or if there is an unexpected emergency or illness, the class may be cancelled. While ADOSH tries to contact each student in the event of a cancellation, we encourage you to call the day before the class to confirm that the class will still be held as scheduled. **Call the number listed on the roster.**

Finally, please be courteous during cold and flu seasons and do not attend the class if you are suffering symptoms of illness. Viruses are highly contagious and we want to keep all students and instructors healthy during all times of the year. *See you in class!*

Can you identify the Arizona Poisonous Plants pictured throughout the issue? List the answers here and check them with the key on page 13!

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____
7. _____ 8. _____ 9. _____
10. _____ Extra Credit: Which parts are poisonous on each plant?



requiere el compromiso del empleador de corregir cualquier riesgo serio que se identifique en el lugar de trabajo dentro del periodo de tiempo acordado entre el consultor de ADOSH y el empleador.

A través de este programa se provee:

- Asesoramiento gratuito y confidencial
- Consulta en el lugar de trabajo
- Ayuda para identificar los riesgos en el sitio de trabajo
- Asesoramiento para que cumpla con las normas de seguridad y salud de ADOSH



- Ayuda con los programas de seguridad y salud

Para mayor información empleados y empleadores pueden comprometerse a cambiar sus costumbres de manejar distraídos, y ejemplos gratis de políticas y cartelones pueden encontrarse en: <http://www.distraction.gov/es/get-involved/employers.html>

Puede comunicarse a la División de Seguridad y Salud Ocupacional de Arizona (ADOSH por sus siglas en inglés) a la siguiente dirección y teléfonos:

2675 E. Broadway Rd.
Tucson, AZ 85716
520-628-5478 (Phone)
520-322-8008 (Fax)

800 W. Washington St.
Phoenix, AZ 85007
602-542-1769 (Phone)
602-542-1614 (Fax)



Trainers Corner: One Text or Call Could Wreck It All

By ADOSH Training Officer Jenny Mandeville

If you've seen the Pixar's "Up!" you are familiar with the talking dog Dug who, every time he sees a squirrel, is so distracted that he disregards whatever he was doing and looks intently off in a specific direction and says "Squirrel!"

Do we "Squirrel!" our driving focus to answer phones, tune radios or perform a myriad of tasks while getting from here to there? Let's look at some of the distracting activities we engage in:

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

Because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction. If you text while you're behind the wheel, you're 20 times more likely to be

involved in a crash than a non-distracted driver

The number of people killed in distraction-affected crashes decreased slightly from 3,360 in 2011 to 3,328 in 2012. An estimated 421,000 people were injured in motor vehicle crashes involving a distracted driver, this was a nine percent increase from the estimated 387,000 people injured in 2011.

Drivers in their 20s make up 27 percent of the distracted drivers in fatal crashes. (NHTSA)

At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, a number that has held steady since 2010. (NOPUS)

Engaging in visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices increased the risk of getting into a crash by three times. (VTTI)

Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the

length of a football field blind-folded. (2009, VTTI)

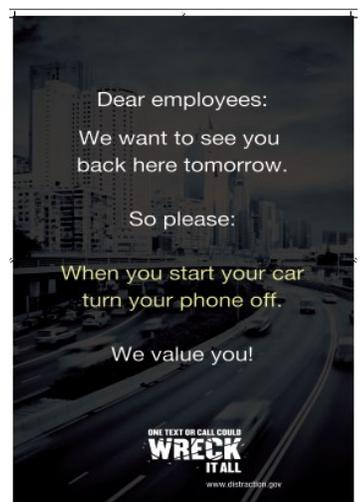
Headset cell phone use is not substantially safer than hand-held use (VTTI) as the research indicates that the cognitive distraction of having a hands-free phone conversation causes drivers to **miss the important visual and audio cues** that would ordinarily help you avoid a crash.

Talking on a cell phone reduces the amount of brain activity devoted to driving by 37%.

When I talk to classes about distracted driving, I ask the students, "How many of you receive phone calls from your supervisor or manager while you are driving?" Most raise their hands.

If we want to make a difference in the number of fatalities we see every year, we can address the #1 cause of death while working: Motor Vehicle Accidents; and the #1 cause of MVA's is distracted driving. Are we adding to the problem when

we call each other while working? A clear policy of "Call back when you are stopped and safe." is required here. If we don't make that a policy, we are in effect asserting that our business is more important than the life of the person we are calling or texting. Expecting an immediate answer to our calls or texts may prove to be fatal. Here are some resources to help you with a work campaign for safe driving practices:



Employees and employers can take a pledge to change their distracted driving behavior, free sample policies and this poster and others can be found at:

www.distraction.gov



Stand Tall, Stand Proud and Stand-Down for Fall Safety!

National Safety STAND-DOWN
TO PREVENT FALLS IN CONSTRUCTION

MAY 4-15, 2015



State-wide events will be included in the next issue of the Advocate, so let us know (and see) what was done for your company's Stand-Down!

Stop Falls Stand-Down

- Plan a toolbox talk or other safety activity
- Take a break to talk about how to prevent falls
- Provide training for all workers

For more information:
www.osha.gov/StopFallsStandDown
#StandDown4Safety **888-268-5251**
 Arizona Division of Occupational Safety and Health




The purpose of the National Fall Prevention Stand-Down is to raise awareness of preventing fall hazards in construction. Fatalities caused by falls from elevation continue to be a leading cause of death for construction workers, accounting for 279 of the 806 construction fatalities recorded in 2012. Those deaths were preventable. Fall prevention safety standards were among the top 10 most frequently cited OSHA standards, during fiscal year 2014.

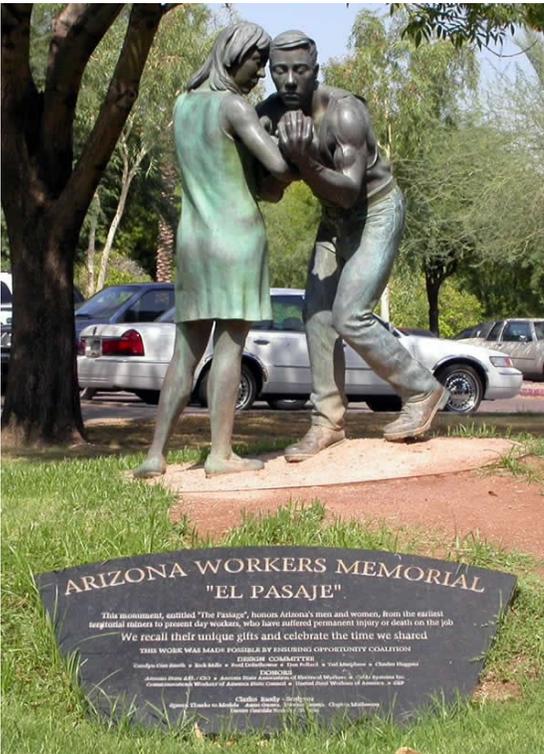
Last year's Stand-Down was a tremendous success, reaching more than 1 million workers. This year, OSHA's goal is for more than 20,000 Stand-Downs involving more than 3 million workers to take place from May 4-15, 2015. If we meet this goal, we will have touched almost 4 out of 10 construction workers in the country.

In 2014 Arizona reached over 7500 employees! At least 17 employers welcomed ADOSH to their events where an abbreviated speech on the importance of fall protection was deliv-

ered and a plaque was awarded for their efforts in promoting fall protection.

Anyone who wants to prevent falls in the workplace can participate in the 2015 Stand-Down. Last year, participants included commercial construction companies of all sizes, residential construction contractors, sub- and independent contractors, highway construction companies, general industry employers, the U.S. Military, other government participants, unions, employer's trade associations, institutes, worker interest organizations, and safety equipment manufacturers.

If you are planning a Stand-Down event would you please share it with ADOSH? We are developing a flyer with open Stand-Down events and meeting locations throughout the state so that we can reach even more people this year. ADOSH is happy to attend your event and say a few words if desired. A plaque will be awarded commemorating the day. **Visit the ICA website mid-April for more information on some Arizona Stand-Down activities.**



Workers Memorial Day—April 28, 2015

What will you be doing on April 28th? The twenty-eighth day of April is designated as "Workers Memorial Day," in remembrance of the victims of workplace injuries and disease and in recognition of the need for strong safety and health protections in the workplace.

ADOSH will spend the day remembering Arizona's fallen workers at the Worker Memorial Day. Many events are planned for the day, and even service projects that honor those who have died while working and by serving the friends and families they left behind. **Check on the ICA Website for a future link to activities you can attend.**

(www.azica.gov) It is an opportunity to reflect on the safety culture of your organization as well, and pledge to each other that your workers and co-workers will go home safe at the end of their work day.

This monument, entitled The Passage, honors Arizona's men and women, from the earliest territorial miners to present day workers, who have suffered permanent injury or death on the job.



City of Yuma Signs the First P.E.P.P. Agreement With ADOSH



The City of Yuma became the first public agency in Arizona to sign the Public Entity Partnership Program (P.E.P.P.) with the Arizona Division of Occupational Safety and Health (ADOSH) during a brief ceremony at City Hall. City Administrator Greg Wilkinson and employees joined ADOSH Assistant Director in signing the voluntary partnership agreement.

The P.E.P.P. program was created for the public entity sector who want to reduce injury and illnesses through an agreed upon partnership agreement. The agreement focuses on milestones aimed at reducing injuries and illnesses in departments that traditionally have hazards likely to cause serious injuries. The agreement is voluntary and for a term of three years. Quarterly visits are scheduled by both safety and health consultants who provide an assessment report of their workplace. The report identifies hazards, ways to abate hazards and strategies for best practice implementation that improve

the department's safety and health management system.

Training by ADOSH is also included in the agreement, based on needs found by the consultants during the visit, delivered on a bi-annual basis or as needed. Training may be conducted in a face-to-face setting or via webinar so it is accessible to all employees.

To ensure that the program requirements are observed, the public entity and ADOSH representatives meet annually to assess progress towards a safer workplace as well as identify emerging hazards discovered during the visits. Together ADOSH and the City of Yuma will hope to reduce the injury and illnesses by 15%.

For more information on developing a partnership with ADOSH please contact either Assistant Director Jessie Atencio or CET Supervisor Babak Emami at: 1-855-268-5251.

Pandemic Flu Update: World Health Organization Issues Warning About Avian Flu Viruses

Feb 26, 2015 The current global influenza situation is characterized by a number of trends that must be closely monitored. These include: an increase in the variety of animal influenza viruses co-circulating and exchanging genetic material, giving rise to novel strains; continuing cases of human H7N9 infections in China; and a recent spurt of human H5N1 cases in Egypt. Changes in the H3N2 seasonal influenza viruses, which have affected the protection conferred by the current vaccine, are also of particular concern.

Since the start of 2014, the Organisation for Animal Health, or OIE, has been notified of 41 H5 and H7 outbreaks in birds involving 7 different viruses in 20 countries in Africa, the Americas, Asia, Australia, Europe, and the Middle East. Several are novel viruses that have emerged and spread in wild birds or poultry only in the past few years. To date, 602 human H7N9 cases and 227 deaths have been reported, the vast majority in mainland China.

Like H5N1, the H7N9 virus causes serious illness in humans. **But unlike H5N1, H7N9 does not cause illness or deaths in birds. The absence of signs of disease in infected birds omits the warning signal calling for heightened surveillance for human cases.**

WHO is concerned about H5 and H7 stains, because they rapidly change and can cause a range of illness severity in poultry. All evidence indicates that

the H7N9 virus does not spread easily from one person to another, though it may transmit from poultry to humans more readily than H5N1. The H9N2 avian influenza needs to be closely watched, as well, because it has provided "donor" genes to H5N1 and H7N9 strain and has resulted in two mild human infections in China in the last 4 months. Egypt also reported a recent H9N2 human case.

Though little is known about the ability of the latest novel strains to infect people, the H5N6 reassortant first detected in China last March has turned up in two other Asian countries and has caused three human infections in China, two of them fatal.

The emergence of so many novel viruses has contributed to a diverse gene pool, made all the more volatile by the ease with which H5 and H9N2 viruses exchange genes with others. "The consequences for animal and human health are unpredictable yet potentially ominous."

The highly pathogenic H5N1 avian influenza virus, which has been causing poultry outbreaks in Asia almost continuously since 2003 and is now endemic in several countries, remains the animal influenza virus of greatest concern for human health. From end-2003 through January 2015, 777 laboratory-confirmed human cases of H5N1 virus infection have been reported to WHO from 16 countries. Of these cases, 428 (55.1%) have been fatal.

The sudden increase in the number of H5N1 human infections in Egypt that began in November 2014 and continued during January and February 2015 awakened concern. From the start of November to 23 February, Egypt reported 108 human cases and 35 deaths. The number of cases over this period is larger than yearly totals reported by any country since human H5N1 virus infections re-emerged in late 2003.

Nothing about influenza is predictable, including where the next pandemic might emerge and which virus might be responsible. The world was fortunate that the 2009 pandemic was relatively mild, but such good fortune is no precedent. An influenza pandemic is the most global of infectious disease events currently known. It is in every country's best interests to prepare for this threat with equally global solidarity.

To read the entire warning from the World Health Organization go to:
<http://www.who.int/influenza/publications/warningsignals201502/en/>

For more information on current avian flu news:

Centers for Disease Control and Prevention:
<http://www.cdc.gov/flu/avianflu/>

World Health Organization (WHO):
http://www.who.int/influenza/human_animal_interface/avian_influenza/en/





VPP and SHARP News

(Below) **Congratulations to Troche Fertility Centers for their 4th SHARP Recertification** last June! This recertification shows an unwavering commitment to safety by a team of both employees and management which include a dedicated Physician, Nurse Practitioner, Embryologists, Reproductive Technologist, IVF Coordinator, Third Party Parenting Coordinator, Infertility Therapist, Medical Assistants, and



Sto Corp receives their 2nd SHARP Re-certification

(Above) Sto Corp., in Glendale Arizona, proudly display their SHARP Certificate with ADOSH CET Supervisor Babak Emami. Sto Corp is a producer of versatile cladding and coating systems for building construction, maintenance and restoration.

Congratulations to **U-Pull & Pay, LLC, Arizona's newest SHARP Site!** We believe they may be the only automobile salvage yard in the US to have received SHARP recognition! The team is pictured here (below) with ADOSH CET Supervisor Babak Emami (holding certificate) and ADOSH IH Consultant Steve Weberman (fourth from left).



Congratulations are also extended to the following companies for their SHARP or VPP Recertification:

Special Devices Inc. Mesa, AZ: SHARP Recertification



Central Arizona Project: Phoenix, AZ VPP Recertification



Johns Manville: Tucson, AZ VPP Recertification

McCarthy Building Companies YRMC , Yuma, AZ CVPP Recertification

Raytheon Missile Systems Main Airport: Tucson, AZ VPP Recertification

Are you wondering if your company has what it takes to qualify for SHARP or VPP Status? Consultation Supervisor Babak Emami can advise all interested companies wanting to know what they need to do to get ready for SHARP or VPP! If you are your company's Lone Safety Officer or you have an organized safety committee, schedule a VPP planning meeting with Babak Emami and ask all the questions you have about the process. ADOSH is seeking to honor companies with exemplary safety programs. You don't have to be perfect, just working toward providing your employees with a safe workplace with management commitment and employee involvement, hazard recognition and control, and safety training. ADOSH can help you achieve your safety goals!



ADOSH Out and About: Fall Protection for Framers; BBP & Emerging Diseases



ADOSH Director Bill Warren (standing) welcomed back retired ADOSH Consultant Bill Cooper (left sitting) for a fall protection training delivered to a full house of Construction Industry Framers at the Industrial Commission of Arizona Auditorium on January 21, 2015. A demonstration of fall arrest systems was offered by Honeywell's Miller PFAS.

The training addressed ADOSH's return to enforcing 20 CFR 1926 Subpart M for Residential Construction Fall Protection and different measures that can be taken to meet the requirement of using conventional fall protection (PFAS, guardrails, safety net) or other work methods to perform construction work at heights over 6'. (left and below)



(Left) Students assemble in Yuma for a BBP and Emerging Diseases Class. There were 70 people in attendance at the Main Library in Yuma on February 4th, 2015



Identify the Poisonous Plants answers: 1. Oleander: Poisonous parts – entire plant 2. Century Plant: Poisonous parts – Sap. Avoid contact with skin or eyes 3. Chinaberry Tree: Poisonous Parts – All parts, fruit is usually involved 4. Jimson Weed: Poisonous parts - All parts particularly the seeds and leaves 5. Mexican Bird of Paradise: Poisonous parts- Pods and seeds 6. Silver Leaf Nightshade: Poisonous parts – green fruit 7. Tree Tobacco: Poisonous parts – Entire plant 8. Eucalyptus: Poisonous parts – All parts 9. Texas Mountain Laurel: Poisonous parts – entire plant esp. seeds 10. Lantana: poisonous parts – All parts but especially green berries. How many did you get right?

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We're on the WEB!

<http://www.azica.gov>

ADOSH ADVOCATE

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